

ABSTRACT

A sole 12 of shoe 10 has a thickened portion defined at an area thereof where a base of toe of user's foot is to be positioned. An engagement is member 30 adapted for allowing a rotating adapter 20 to be releasably engaged therewith. In an inner surface of the shoe 10, there are provided: a slope inclined, as indicated by the line LA, such that a side thereof near to the heel side 16 is low; and a slope inclined, as indicated by the line LB, such that one side thereof on which a big toe of user's foot is to be positioned is lower than another side thereof on which a small toe of user's foot is to be positioned. The sole 12 is formed with a sloped surface 18 which extends from an area of the sole at which the base of toe of user's foot is to be positioned, in a direction toward a toe side 14.